



**FREE HILLS LACROSSE CLINIC
FOR BOYS - Grades K-4 and
GIRLS - Grades 1-5**

The Hills Lacrosse Club will be holding Free clinics for girls grades 1-5 and boys grades K-4 on Saturday afternoons from 4pm to 5:30pm at Pop Warner on the turf this September and October.

Boys Clinics will be Sept 13th, Sept 20th, Oct 4th, and Oct 18th.

Girls Clinics will be Sept 27th, Oct 11th, and Oct 25th.

All girls and boys in the Watchung Hills sending district are welcome to attend.

There will be an emphasis placed on skill development and learning the basics of the game to prepare players for the travel program and to stimulate their interest in the sport.

All Participants will be required to register at the Hills Lacrosse website, www.thehillslacrosse.org

Go to the register here tab and follow the procedures.

All Participants will be required to register w US Lacrosse (please note there is a fee associated with this that does not benefit Hills Lacrosse).

All Participants in the girls clinic will be required to have a stick, goggles, and a mouthpiece. Participants in the boys clinic are encouraged to have a stick, gloves, and a helmet. Equipment rentals are available on a limited basis for a fee. Please contact Coach Rich Burton at rdburton25@gmail.com for rentals. There will be a break-out group for boys who only have a stick so that they can try the sport as well.

Equipment purchases can be made at Universal Lacrosse 41 S Route 206 Raritan NJ 908-526-0584.

The aim of the clinic is to provide a fun atmosphere for children to experience "The fastest game on 2 feet." Anyone in the 1st to 5th grades within the Hills sending district, including current travel players are welcome to attend.

We look forward to seeing you on the field this fall. If you have any questions please contact Pete Brady at ptebrady@optonline.net

Go Hills!!